IN THE SPOTLIGHT:

The Active Living Committee Encourages Local Citizens to

Speak Out on Healthy Living!

By ANNETTE ZAHAROFF, MD, Active Living Council Chair

The Mayor's Fitness Council held its first ever town hall-style meeting titled Speak Out For Healthy Living on June 17. The event was open to the public and was held during Free Tuesday hours at the Witte Museum. The event attracted over 70 participants throughout the two hours of activities.

Planned by members of the Active Living Council and Nutrition Committee the event goals were to help the public understand all the is under the umbrella of active living, engage the general public and stakeholders and obtain input on improving opportunities for active living and share community resources about active living.

The evening included presentations about creative solutions being used in other communities to engage people in healthy eating habits and physical activity, initiatives already being implemented in our own community, small group Speak Out sessions to capture what healthy living and eating means to people in San Antonio, and an empowerment session where participants were encouraged to take actionable steps such as writing to their City Council representative and County Commissioner to communicate what citizens want to see happen to encourage better health in our community. The event was presented with support from the Mayor's Fitness Council, the Witte Museum and with the time and dedication of enthusiastic volunteers and interns committed to active living and smarter nutrition in our community.

The plan is for Speak Out For Healthy Living events to be offered quarterly in different geographic locations throughout San Antonio.







The Next Town Hall Meeting will be announced next month so stay tuned for details. Your participation matters!





MFC ENDORSEMENTS CENTER:

FOR A COMPLETE LISTING, VISIT FITCITYSA.COM

SAT, 7/12 | Get Gusto!

Carrera Races

SAT, 8/2 | 2014 Run/Ride Expo

Voices for Children San Antonio

SAT, 9/13 | San Antonio Walk for PKD 5k/1k Walk/Run San Antonio Chapter PKD

SAT, 9/27 | 6th Annual Weston Lighting the Way 5/10k Run/Walk

San Antonio Lighthouse for the Blind

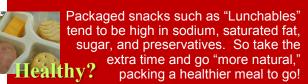
SAT, 9/27 | 4th Annual Family Fest & Walk for Kidney State of Texas Kidney Foundation

Ongoing:

Fit Family Challenge (May-Aug/2014) Fitness in the Stadium (Apr 7-Sep 29/2014) Footloose Karma Yoga (Apr-Jun/2014)

Do you have an event you want endorsed?

Events and programs have to meet certain criteria and an application is required at least 4-6 weeks in advance for the MFC Executive Committee to review. Visit FitCitySA.com, select "About Us" tab for details.





The MPO's Bicycle Travel Patterns Study showed that about 325,000 people – almost one in five Bexar County residents! – ride a bike at least monthly.

